

WHICH CUP OF JOE DO LANGARA STUDENTS PREFER?.....7

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Dine with the new president

Roy Daykin will continue to work on the goals of his predecessor David Ross

By GARIN FAHLMAN

Roy Daykin will serve as the interim president of Langara College since the departure of David Ross on March 1.

On March 25 and 26, Daykin will hold a meet and greet to give students an opportunity to ask questions and get to know the plan for Langara's future.

The goal of the event, known as the President's Lunch, is to get an idea of students' opinions about which direction the school should take, he said.

"Most importantly I want to hear what developments and improvements students like to see," Daykin said.

Daykin had over 30 years of experience in education leadership positions in schools like Kwantlen and Douglas College before joining Langara in 2010 as the vice-president of administration and finance and chief financial officer.

"I think one of the most important functions that I have to provide is to ensure that Langara retains and enhances the strengths that it has established over time for the next president," he said.

Daykin said he plans to continue the work Ross started, such as leadership development and branding strategies.

Langara English student Erica Cook said the idea of a meet and greet is a good opportunity for students. "If you have the time, it would be a good way to get your voice heard," she said.

Cook wants to see more classes. "Every time I go to sign up, so many are full," she said. "I would love to see more half-semester courses, especially for science classes," she said.

However, many students at Langara hadn't heard about the new president or the President's Lunch. Anisah Bahsh, an arts transfer student, didn't know there was an opportunity to meet the new president, and wasn't sure she would be able to attend on short notice.

First year student Sheng Wang hadn't heard about the new president, but would like to meet him.

Daykin said that it was Langara's focus on students and community that attracted him to the school two years ago. He plans to continue building on these strengths by expanding student



LANGARA COLLEGE photo
An artist's rendering of the new sciences and student services building shows how it will fit into the campus layout

\$48 M for new building? Sure

College to break ground in July on sciences and student services

By BRIAN HORSTEAD

Construction will begin in July on Langara's new \$48 million sciences and student services building marking the beginning of phase two of the college's 25-year master plan to expand the campus.

The new building will be located on the northwest corner of campus along 49th Avenue across from the YMCA.

It will add close to 130,000 square feet to the college's main campus and will house state-of-the-art biology, chemistry, physics, astronomy, nursing and computing science labs, as well as lecture halls and multi-purpose classroom spaces.

Roy Daykin, Langara's president and CEO, said in a press release: "The Sciences and Student Services building will ensure that, as we expand, the college continues to deliver the highest

quality of education and services to our students without significantly disrupting students and classes."

Computing science instructor Bryan Green said the new facility will mean more space for hardware labs.

"Currently our computer hardware labs are spread over two rooms."

The work in the hardware labs involves everything from disassembling computers and their components to soldering transistors and resistors together.

"We also anticipate a dedicated space for the computing science and information systems help centre, which will be a great benefit to our students," said Green.

The help centre will house lab assistants who will be available to answer students' computing and assignment related questions.

Though the project's construction is

estimated to last two years, director of facilities Wendy Lannard said it will not place undue stress on the student body.

"There will be challenges but we have been under construction before," she said. "Parking will be more restrictive but we have two levels of parking under the library that are currently not being used."

Lannard said the noise made by construction crews is always a difficulty, but the construction site is along 49th Avenue and far from classroom buildings.

Kinesiology student Ali Mohaidly would rather the college take a different approach to expansion.

"Vancouver rains, why can't it all be in one building?" he said.

The sciences and student services building's tentative completion date is fall 2015.

SSS FUN facts

- The Masterplan began in 2007 with the start of the Isu building

- More computer labs

- More classrooms

- Get ready to park underneath the library if you drive to school



ROY DAYKIN
Langara's new interim president

All dressed up and no where to hit the books? You're not alone on Langara's campus

By KAYLA ISOMURA

As crucial as study spaces are, they're a rare find on the Langara College campus.

Finding a place to study at the school is difficult, according to students, but one staff member claims that's bound to change with the construction of a new building.

"It seems like every seat is taken," said arts and sciences transfer student

Rishi Sahni, of the school's library.

"I don't have the space I need to properly study if I'm in a condensed area," he said. "I can't study like I can at home."

Leslee Hynes, a sociology student, agrees. Hynes said she hardly studies at the library because it's loud and difficult to find a place to sit, which is negatively affecting her studies.

However, the construction of a new sciences and student services building

will begin in the fall and give students more seating, said Langara's director of facilities Wendy Lannard.

"In addition to lab and classrooms, the new building will provide more study space for students, said Lannard. "In particular, collaborative spaces for students in the sciences."

She was unable to give a hard number count on new study spaces because design plans are still in development.

See **SCHOOL STUDY SPACES**, page 3



PATRICK COLVIN photo

Green Party candidate Regan-Heng Zhang of the Vancouver-Langara riding discusses his goals for the upcoming election.

Green Party discusses goals

Candidate Regan-Heng Zhang of the Vancouver-Langara district admits he doesn't know much about government

By PATRICK COLVIN

Green Party MLA candidate Regan-Heng Zhang of the Vancouver-Langara riding sat down with The Voice last week to discuss his goals for the upcoming provincial election. Zhang is also a co-founder of the Young Greens of BC and president of the UBC Green Party.

The Voice: What do you think are going to be central issues in this election?

Zhang: Post-secondary education is certainly one of the top issues for me. B.C. currently has the highest student loan interest rate in Canada – we would like to see that change. For this election we are proposing to lower tuition rates by 20 per cent and increase university and college core funding in the prov-

ince by at least \$200 million a year.

The Voice: The three main goals listed in the 2013 Green Book, which outlines the party's plans, are to create more affordable housing, to reinvest in an environmentally friendly economy and to improve health care. Do you feel your party has the ability to create a balanced budget while still achieving all these goals?

Zhang: The Green Party definitely believes in a balanced budget even though we are advocating for all these programs. We want a government that isn't going to run into debt.

It's more difficult for the Green Party of B.C. to put down specifically when we can implement [our goals], when we can reduce tuition by 20 per cent. It's very difficult for us mostly because we actually don't get access to those num-

bers; we're not in the legislature yet, so that's why this election is so crucial.

The Voice: Those numbers aren't available through freedom of information requests?

Zhang: They are . . . but we're not in the legislature to actually be involved in the process of how those numbers are made. And we have somewhat of a lack of knowledge on how things are actually run in the government currently.

The Voice: Last week's issue of The Voice had a story about students being apathetic about voting. How are you going to get students to vote?

Zhang: That's actually more important than me being a candidate. I think that getting youth to vote is more important than getting youth to vote Green.

ELECTION predictions

- 1 Based on a campaign research poll the Green Party will have 12 per cent support
- 2 The NDP will have 38 per cent support
- 3 The Conservatives will have 13 per cent of the voters' favour
- 4 About 33 per cent will vote Liberal
- 5 About four per cent will vote for other candidates

Source: B.C. Election 2013

Langara staff raise money for cancer

Cathy Nishikawa sells flowers for cancer research

By NIAL SHANNON

Daffodil Month, a time dedicated to raising money for cancer research and promoting cancer awareness, is approaching in April.

This year the Canadian Cancer Society's event features a personal touch from a Langara staff member, who will be raising money by selling flowers.

Cathy Nishikawa, a data entry clerk working in the financial services department, has been involved in supporting the fight against cancer for a number of years by raising money amongst staff for the Canadian Cancer Society.

"It's just a personal thing, it's not an actual event that Langara hosts, but Langara benefits," she said.

Nishikawa's annual sale began when a UBC employee had a surplus of daffodils six years ago and passed on the remainder to Langara staff. Nishikawa picked them up.

Six years later, it's still going strong. Nishikawa orders 50 flowers every Daffodil Month, taking a stock donation of five dollars and giving the revenue to the society.

Last year she had several blossoms left over, but this year she has sold the lot.

"I don't make any money, but the cancer society always gets their \$250," added Nishikawa.

In April the Canadian Cancer Society has a designated Daffodil Day to promote the organization's message with the group's logo, the daffodil. This year it falls on April 27. The society sells replicas of the flower to wear and show support in raising awareness for the disease.

Donations received by the society are used in different ways, including funding support groups, running camps for children with cancer and easing the burdens of the disease, according to the society's website.

Efforts to make staff members' contributions into a more publicly promoted event have not worked, said Nishikawa, who tried to co-ordinate with Langara's volunteer society, VOLT.

"It's really hard to [arrange], it has to be all scheduled out, and I guess the timing of it is hard," said Nishikawa. April has additional problems with students writing exams and classes ending, she added.

VOLT did not respond by deadline.

School study spaces

Continued from page 1

But one student doesn't think finding a place to study is too hard.

"It's not that bad," said business student Kaitlyn Kuypers.

"There's always somewhere to sit, it's not always the most comfortable but there's always somewhere," she said.

In 2007, the library was constructed to provide "much needed study space that had been lacking at the college," said Lannard.

She claims the college is committed to continuing an increase in study space.

Langara has a 13 to one student-to-study-space ratio, while Douglas College has a 22 to one ratio.

Langara has 9,485 students enrolled this term, according to department of institutional research director Larry Xiong and 725 study spaces.

Douglas, on the other hand, has approximately 10,500 students and only 479 study spaces.

Brainpower cashes in at scholarship event

Langara's scholarship ceremony will distribute a total of \$70,000 to 115 lucky student recipients

By JESSE ADAMSON

The Langara spring scholarship ceremony will be doling out cash to students on Monday afternoon.

The annual event is being held March 25 on the second floor of the school's library.

Langara offers two types of scholarships. General scholarships are available to students currently registered in a minimum of 12 credits and who were enrolled in at least 12 credits in one of the previous two semesters. These are advertised online and in the financial aid office. Students can apply for them at the beginning of the semester.

Departmental scholarships are GPA-based and program faculty recommends eligible students when they meet specific scholarship criteria. Departments have their own application and selection process.

At Monday's event, organizers will emphasize the support from the people and companies donating money.

"Without the donors we wouldn't have all of these scholarships to offer so it's really important to recognize them," said Langara financial aid advisor Alexandria Everitt.

"We want the students who are receiving scholarships to be able to interact with them and to show their appreciation in person. Faculty are invited for the same reason. That's what this event is about," she said.

Over 115 scholarships will be given out, totalling roughly \$70,000.

"I applied for [a general scholarship] last year but I didn't get it," says Langara student Grace Bruce. "My marks were pretty good so I was a little disappointed that I didn't get it . . . I guess it's a numbers thing, not everyone can get one," she said.



JESSE ADAMSON photo

Langara students Shantel Lietz, Corissa Epp and Hana Yakashiro by the financial aid office at Langara.



JAMES MCLAUGHLIN photo

Elections BC will signing up prospective voters for the May 14 election from noon until 4 p.m. in the Langara Students' Union Building.

Disengagement a feedback loop

Provincial election focuses on using government resources to target ethnic votes, but don't expect the same courting of apathetic youth

By JAMES MCLAUGHLIN

Low turnout amongst voters under 25 only helps perpetuate the belief that political parties don't care about youth issues, says Langara College political science instructor Paul Prosperi.

Langara political science instructor Paul Prosperi said that young people don't have a great record of voting and thus are suffering in representation.

"I think what the parties do is they make a cost-benefit analysis of where it's best to focus their time, their money, and their energy," Prosperi said. "And that's with people who have a history of voting."

Prosperi said that politicians take notice when certain demographics abstain, and that's why most Canadian

political parties underfund their youth wings. During the last B.C. election, only 35 per cent of those 18 to 25 cast a ballot, compared to 74 per cent of those 70 to 75.

"The best predictor of future behavior is past behavior, so they look at voting records, and I think parties make the logical conclusion [not to heavily fund youth wings]," Prosperi said.

Prosperi disagrees, however, with labelling youth as disinterested.

"Apathy I don't think captures it," Prosperi said. "If you ask young people what they think about issues, they're engaged but they may not demonstrate that engagement through the ballot box. Young people take part in protests, they take part in social media campaigns and they're conscious of what's happening around them."

Marissa Lawrence, project co-ordinator for the SFU Public Square, is hosting a talk on democracy on March 25. She hopes to inspire prolonged civic engagement amongst youth, recent immigrants, and low-income residents.

"Engagement for us means feeling connected with local community issues and feeling connected to one's own municipal or provincial government," Lawrence said. "It's feeling a sense of belonging to the issue at hand and to the structure that can help move that issue forward."

Lawrence said that the talk aims to go beyond simply recruiting voters, adding that the lecture is about "being able to say 'this is my government.'"

NDP leader Adrian Dix has floated the idea of allowing youth over 16 to register to vote ahead of voting at 18.

HOW to vote

REGISTER

If you're Canadian, over 18 and a provincial resident for more than six months, you can register over the phone, online, or in person on election day.

FIND YOUR RIDING

Remember that you're registered to vote in your last registered riding, not necessarily your current one. So before you go vote, confirm that you're not still on the record as living at your old house, or even worse, your parents' house.

If a Philosophers' Jam ends, does it cease to be?

Former Langara instructor Alister Browne to wrap up successful monthly spring series with talk on fairness

By JES CUNNINGHAM

The finale of the Langara Philosophers' Jam is arriving as the spring semester comes to a close.

The monthly James include a brief speech given by a guest speaker, and is later followed up by an open discussion period and refreshments.

Retired Langara philosophy instructor Alister Browne will be giving a talk entitled "What's Fair?" at the final Philosophers' Jam Thursday.

Browne will be touching on the importance and evolutionary importance of fairness to humans, along with taking a look at theories of John Rawls, a political philosopher who also touched on justice.

The season began with Langara phi-

losophy instructor Kurt Preinsperg's talk titled How We Create Life's Meaning.

The talk covered several aspects of finding happiness in one's life and creating a life plan to discover that happiness.

Preinsperg has spoken at two of the Philosophers' Jams, and attended several since current philosophy chair John Russell and instructor Dale Beyersstein created the Jams two years ago.

Preinsperg said that Russell "breathed new life" into the philosophy programs extra-curricular activities, admitting that he also finds them educational.

"The Jams give me an incentive to sit down and write out a coherent talk on topics that are fermenting in my mind," he said. "It's nice [providing those] ideas to the public."

The second Jam of the semester involved Wanda Morris, executive director of Dying with Dignity, an organization that advocates medically assisted suicide, whom Preinsperg called an in-

spiring and courageous woman.

"I was on the fence about euthanasia, but after hearing her talk I think I'll support her stance," said Preinsperg.

Jam co-ordinator and philosophy instructor Alex Boston was worried that this talk would result in many protesters, and was surprised when the only protests were that Morris' point did not go far enough.

Morris agreed.

"I felt frustrated, and wonder if I could have made my point clearer," Morris said. "I would love another chance to do it."

Though the Jams this semester largely incorporated human perspective on life, the theme was unintended.

"[They] aren't necessarily themed, we're trying to get a balance on some more philosophical and social justice topics," Boston said.

The final Philosophers' Jam will be taking place on Thursday, March 21 at 7 p.m. in A194, the faculty and staff dining lounge located through the cafeteria.



JES CUNNINGHAM photo

Instructor Kurt Preinsperg kicked off the jams.

D2L problem identified, fix to come soon

Company claims issue is from storage system errors

By MARIE-ANDREE DEL CID

While faculty and students continue to find it difficult to use D2L as Langara's online course management system, the company insists a fix is on the way.

Langara switched to Desire2Learn last year, replacing Blackboard as the school's online system. However, D2L continues to cause challenges such as being unable to download databases, upload files or load pages without the system crashing.

Virginia Jamieson, the public relations director for Desire2Learn, said the last outage occurred in D2L's data centre on March 4, 2013, lasted up to nine hours. They have been occurring approximately every fifteen days since December.

"Our teams have conducted an in-depth investigation into the issue," said Jamieson. The issue was traced back to authentication errors in the logs of the cloud-based infrastructure systems.

Jamieson explained that the third-party that provided the infrastructure has screened the issue and is working with D2L partners to fix the problems. Jamieson also added that D2L plans to be much more responsive in the future with catching these issues before they occur.

Anthropology instructor Carol MacLeod said D2L's problems continue to be frustrating. "The system never worked well, but now things have gone from bad to worse, and we can't log online," said MacLeod. "I find that D2L is taking up huge amounts of time as I add so many resources to the site. My online course eats up two-thirds of my weekend."

MacLeod has started incorporating online course material into her lectures, yet laments that the hardware is too poorly maintained to fully take advantage of the D2L system.

Political science student Ravneet Dhadli said D2L can be just as frustrating for some students as for instructors.

"It's not easy to access files, which is a flaw," Dhadli said. "One night, I was not able to access a document when my assignment was due, and I had to rely on a classmate who luckily had downloaded it."

Vancouver project supports the arts

City initiative grants license for live arts performances in untraditional venue spaces

By **JAMES McLAUGHLIN**

A new pilot project unanimously passed by Vancouver city council last week could expand the city's art and music scenes into uncharted territories.

The Arts and Culture Indoor Event Pilot Project, which received big support from Mayor Gregor Robertson, is a two-year initiative to grant license for untraditional venue spaces like warehouses, studios and book-stores in certain zoning districts to host live arts performances to audiences no larger than 250 people twice a month.

According to a report funded by the city, there's an estimated 250 to 500 illegal arts events held annually. The city hopes regulating these events will make participating in the arts safer and easier for everyone.

Council held a public hearing prior to voting. Although the project was generally considered a step in the right direction by the ten speakers who addressed council, many saw flaws, especially with the cap on two events per month.

David Mattatall, owner of Zoo Zhop record store, hosts an average of two in-store performances a week that fall into a legal grey-area. Abiding by the

two events per month stipulation could stifle revenue for his business.

"I sell maybe an average of a hundred extra records at each one of these promotional events," Mattatall told council members, referring to in-store performances.

"If you're saying that I have to go from eight hundred extra dollars a month to two hundred, that is really hurting me as a small business person."

Ryan McCormick, a director for the Safe Amplification Site Society, a non-profit that has lobbied for all-ages show spaces in Vancouver, said ambiguities and legal jargon in the

city's bylaws has left much of the music community dwelling underground.

"We want to help the music community find a voice and speak up because those of us who are musicians and artists are citizens too. I think for a long time we were silent and nobody would go to council meetings, there was nobody really speaking about this," McCormick said.

"We were just silent victims of backwards laws."

Applicants must conform to set guidelines to receive a license, such as having concrete flooring and smoke detectors.

EVENTS

**FRI. MAR. 22
LARRY AND HIS
FLASK**

@ The Biltmore Cabaret
(No minors). 8 p.m.
Tickets: \$12.00

**SAT. MAR. 23
JOEY BADA\$S AND
PRO ERA**

@ The Vogue Theatre
(All Ages) 9:30, doors
open at 8 p.m.
Tickets \$25.00



DAVID COOPER photo

Left to right: Zac Scott as Tim, Maxamillian Wallace as Xavier, Stephanie Izsak as Ann, Alex Strong as David and Patrick Mercado as Dopey in *Balm in Gilead* by Lanford Wilson, on stage at Studio 58 from March 21 to April 7.

Studio 58 graduate returns as director

Bob Frazer directs latest studio production, Balm in Gilead, opening tonight

By **BRENNA BROOKS**

It's been many years since Bob Frazer graduated from Langara's Studio 58, but he's back with professional experience and ready to direct its latest production, *Balm in Gilead*.

Frazer is an acclaimed Vancouver actor, who has been honoured with seven Jessie Richardson Theatre Awards for performance.

He said one of the things he enjoys about acting is the amazing electrical current that happens when you step on stage.

"It's a pretty exciting thing."

Although he has spent the majority of his time perfecting his acting capabilities in theatre and television, Frazer

has taken part in other aspects of the industry including script development, writing and directing.

Balm in Gilead is not your average production.

This environmental, documentary style piece has a conversational nature.

As he broke down the conversations of the different groups, Frazer said he "decided that the audience needed to be immersed in the truth around them as well."

To do so, he takes away what society has become accustomed to in motion pictures and theatre by allowing the audience to sit on the set and, without direct interaction with the cast, become a part of the conversations taking place on stage.

All of the characters are based on the experiences of playwright, Lanford Wilson.

The play is set in a café, in the slums of New York during the early sixties.

Frazer believes sitting on the set al-

lows the audience to experience firsthand the nature of the characters and the depth of the experience.

Frazer recently formed a new theatre company, Osimous Theatre, which is based around the learning process of it all and is garnered towards those who just want to improve and get better.

Although Frazer has been acting for over 20 years, he plans to take a year off to study and concentrate on film and TV.

Frazer has three projects lined up when he returns to acting in a couple of years, but that information will be released closer to the date.

When it comes to the arts, acting or directing, "there is no limit" said Frazer.

"You don't just stop because you've reached the top. It's just limitless and infinite."

Check ticketstonight.ticketforce.com for show times.

TICKET PRICES

- Tuesday \$12.25
- Wednesday and Thursday Adults \$20.75 Seniors/Students \$19.75
- Friday and Saturday \$24.75
- Previews/Matinees \$14.25 Groups (10+) \$14.25

* Ticket prices include all service fees

Source: Tickets Tonight

Oz: dark but delightful

FILM review

The new film is a fresh take on the classic story's origins

By **PUNEET DHAMI**

Oz the Great and Powerful opened in theatres last Friday.

Sam Raimi's \$200 million prequel to the original 1939 film delivers a delightful experience.

The movie teaches a lesson about teamwork and how friendship between unlikely allies can overcome great obstacles.

But viewers should understand that while it pays tribute to the original, the film is more mature.

The story line follows an adult not a little girl.

James Franco plays the part of Oz and is portrayed as a womanizer.

But he lacked the emotional impact Garland conveyed. The magic of following the yellow brick road was simply not the same.

Furthermore, instead of the Lion, Scarecrow and Tin-Man, Franco is accompanied by a flying monkey unlike and an orphaned China doll.

While there are dark and intense moments, the viewer is constantly humoured by the acting and lines of dialogue.

Mila Kunis plays Theodora, the wicked witch and her older sister, Evanora, is played by Rachel Weisz. The two send Oz on a journey to kill Glinda (Michelle Williams), a good witch.

Most notably, "Over the Rainbow" was not present in the film, which was such a memorable and magical moment in the original.

I don't believe it beat the original Hollywood classic by Victor Fleming, but the colourful landscape, action sequences and swooping shots make for an enjoyable experience.



WALT DISNEY PICTURES photo

Oz the Great and Powerful opened in theatres Mar. 8.



BEN BULMER
photo
Thomas

Pavelek of Landyachtz drills the trucks onto a board in the east Vancouver factory where the boards are made.

Local longboards lead the way

East Vancouver factory makes a myriad of boards for all levels

By BEN BULMER

If you're bored of taking the Sky Train to school, why not cruise, carve and slide the way there—on a longboard.

In the fall of 1997 two University of Victoria students started making long boards together. Sixteen years later and Michael Perreten and Tom Edstrand now own the second largest long boarding company in the world, Landyachtz. Producing in excess of 30,000 boards a year, the East Vancouver company employs over 50 people and is growing with the popularity of the sport.

"We're the industry leader as far as innovation and drive. The direction the industry takes is the direction we're pointed at," says international sales representative, Blake Startup.

The new 2013 range of boards comes out Friday with improvement to current designs and some new models being released.

Different styles of riding dictate different styles of board.

With longboards being used for everything from commuting to downhill racing, Landyachtz staff are confident



BEN BULMER photo

Max Gradlmiller puts grip tape on a longboard.

their new line will be a success.

The most highly anticipated downhill, or freeride board, is the Wolf Shark, aptly named after the team rider who designed it, Wolf Coleman.

In the commuting line, the hugely successful Switch will now come in three different sizes to accommodate different riding styles.

The company hopes that its brand-new downhill board Top Speed, will live up to its name.

High end boards are made of maple wood because of the material's strength and ability to hold its shape. Boards are milled in eastern Canada where the wood is grown and then shipped to Vancouver. Here the boards are trimmed to highly technical specifications, allowing the smallest details of the board's shape to control its overall handling.

Once the trimming and sanding are finished the boards are then painted. Artists from around the world contribute to the art work which adorns the bottom of the boards. The art is printed onto a thin plastic film, which is then heat pressed onto the board.

After this stage, grip tape is stuck to the top of the board and the chassis, known as the trucks, and wheels are added.

Vancouverite Max McLaughlin has been riding longboards for six years and currently rides a Landyachtz.

"Absolutely an excellent board company. In terms of shape and contour they are impeccable," said McLaughlin.

McLaughlin describes longboarding as more like surfing adding that skateboarding is all about tricks but long boarding is "all about flow."

BOARD where?

TOP FIVE PLACES

North Shore -has many hills and a strong community of riders

Kits Beach -is flat so great for riders starting out

Marpole -has a strong community of riders who commute

Parkades when it's raining -just watch out for parked cars

Steep hills with little traffic -best for more advanced riders

Source: The Voice survey

Longboarding dangerous—but still fun

Skaters can mitigate risks of injury by taking simple precautions and by using their common sense

By JACQUELINE LANGEN

Be it ripping down a hill or cruising down a city street, longboarders run the risk of getting injured.

"I prefer higher speeds and the adrenaline I feel when I'm on my longboard," said first term Langara English student, Gonzalo Rumeu.

Longboarding veteran and founder of Coast Longboarding, Bricin Lyons says riders should practise controlling their speed and balance to help reduce the chance of severe injuries.

Coast Longboarding organizes races each year in order to promote the

sport, as well as to promote safe riding.

They offer a first-aid course, taught by paramedic Doug House, that certifies the riders with first-aid experience.

House has had over 30 years of experience working for medical organizations and more recently for Coast Longboarding.

He said the most common injuries longboarders suffer are road rash, dislocated shoulders, fractured collarbones and fractured wrists.

"What causes the falls more times than not, aside from inexperience, is the surface that riders are boarding on," says House.

If the road is wet, has a lot of gravel, dust or debris it may get underneath the board and result in an uncontrolled slide causing the rider to fall.

If the rider is able to tuck her arm towards the side of her body upon impact, this will lessen the degree of in-

jury. Most injuries occur when a rider takes unnecessary risks.

Riders should use their common sense and wear the proper gear for more extreme moves.

Boarders are encouraged to wear a helmet, wrist guards, gloves and leathers in order to prevent further injury.

"More times than not they fall down, dust themselves off, cuss a couple of words and carry on," said House.

Third year philosophy student Dustin Innes has been longboarding for seven years and knows injuries are common, but feels the fear of getting hurt shouldn't stop someone from riding.

Innes said he doesn't want to live his life being afraid of what might happen.

"At least with longboarding you control the factors and can usually jump off your board into a run or walk," said Innes.

Be safe boarding

From head to toe riders need to dress for safety

By KRISTEN HARPULA

With temperatures rising, outdoor enthusiasts are packing away their skis and snowboards to break out their longboards.

For those who are looking to try out this new craze, it's important to get the right safety gear, especially for downhill boarding.

Professional longboard racer Matt Gosse said the "most essential piece of gear would be your helmet because the consequences are pretty devastating if you're not wearing one."

Longboard enthusiast Maxwell Kaye is huge on safety and said he won't ride with boarders who aren't wearing helmets — especially after his friend Trevor Cottrell cracked his skull open.

Luckily Cottrell is fine and has learned his lesson about protecting himself.

When it comes to clothing, Gosse said racers wear one-piece, custom-fitted leathers, but if you're just going to skate around town, jeans and a T-shirt are more common.

"Whatever you don't mind trashing because you'll destroy all your clothes eventually," Gosse said with a laugh.

Kaye said a lot of people are wearing construction work pants because they're thicker and so more protective.

He also said crash pants, which are padded shorts that fit underneath jeans and "protect you when you fall on your butt" are great.

Kaye recommends G-Form knee and elbow pads because they're thin enough to wear under board clothing and are flexible, but still offer full protection.

Another essential for boarding is a good pair of slide gloves with detachable slip pucks.

A puck is a hard plastic disk on the palm used to protect hands when sliding—putting a hand down on the ground for stability.

Owner of Flatspot Longboards in Chinatown, Mischa Chandler, said when it comes to shoes, just buy "the cheapest ones."

Co-owner Mitchel Martin said boarders also wear the T-shirts and trucker hats given out at racing events because they feature custom artwork, but it is far better to buy and wear proper protective gear.

Whether you are just looking to cruise the seawall or get into some competitive downhill racing, you should be more concerned with safety than fashion, said Martin.



JACQUELINE LANGEN photo

Dustin Innes is aware of the dangers longboarding involves, but does not let it stop him from riding.

Youth feel shut out of political process

The issue of the “youth vote” comes up nearly every election. Elections Canada states that “in Canada as in many other developed democracies, research on electoral participation has confirmed that young people vote less than older people.”

There have been many initiatives to try and make voting look cool and a campaign to register young electorates has been going on at Langara. I applaud the effort. In the 2005 B.C. general election only 35% of eligible voters aged 18-24 voted. Elections B.C. have education kits for kids in Grade 5 “The Election Tool Kit” and the Grade 11 kit called “Think Choose Vote.” The kits are

designed to encourage young people to become active citizens.

I don’t blame young people who are disengaged from politics. When politicians are seen as corrupt and deceitful, it’s no wonder youth are disillusioned because many adults are too. The political system is seen by most youth as something they would rather not be apart of. When people in power are only concerned about getting



OPINION
TANYA HILL

re-elected and not actually concerned about issues like climate change, health, and social-economic equality it’s no wonder youth disengage.

It’s only when there is an election on the horizon do political parties seem to care about what young people think.

What about getting kids involved in civic politics early on? There are programs like B.C. Youth Parliament an organization devoted to providing 16 to 21 year olds a chance to debate issues and a chance to serve on a youth council.

Kids younger than 16 want to be actively engaged if given a chance. I think politicians are afraid of youth being engaged because they may

want to radically change things.

As we have witnessed with the pipeline protests, the Idle No More movement and anti poverty movements, young adults are active and they care about how their society functions. The problem is that they feel shut out of the process and protests are the only avenue to have their voices heard.

So will this newest youth vote campaign work? If candidates took concerns youth have seriously like education, jobs, the environment and how to surviving a climate of economic uncertainty– then maybe. Youth want a system that they can participate in, and that doesn’t mean just casting a ballot on election day.

Too much regulation spoils fun

While it’s a good thing that the city of Vancouver wants to expand the venues that arts and music can be performed in the city, the reality of municipal legislation is that it brings with it a lot of bureaucratic barriers.

The Arts and Culture Indoor Event pilot project comes from an understanding that there’s more arts and music being performed in Vancouver than the city is willing to accommodate, and that it’s only growing.



OPINION
GARIN FAHLMAN

That the city wants to officiate what are now illegal shows is a smart move. A unanimous vote on March 12 in favour of the bylaw change now makes it much easier for events to happen in

places like warehouses and cafes that are not actually music venues.

This is fantastic news for anyone who likes to go see some of the best shows Vancouver can offer, because some of the best shows are often those that take place in a venue that’s not pushing you to buy \$8 pints.

Many of these shows happen all over the Lower Mainland every week, probably rivaling the number of legal shows, which are more regulated and controlled.

What is problematic is the regulation and control the city is trying to extend over a portion of the entertainment industry that is defined by its lack of regulation and control.

Only allowing there to be two indoor events shows per month almost neutralizes any positive change this bylaw could cause.

The many, many illegal shows that happen every month will continue to happen, because two is not many. Two is the equivalent of a bureaucratic joke.

Vancouver is in dire need of some good news for its arts and music scene, especially with the closing of the Waldorf not long ago, and while this motion initially seemed to carry good news, it is in fact nearly useless to show-goers in its current form.

Vancouver is taking a step in the right direction, but needs to acknowledge the real value of its arts and culture.

By trying to enact too much regulation, the best parts of the music and arts scene are going to remain unregulated.

Youth Vote:
We can’t find a job, afford housing or food.
Are the politicians going to help us?



Elections BC :
I’m not sure, but it doesn’t matter.....vote or you’re grounded!

Canada still testing on animals

The European Union has banned the sale of any cosmetic product that has been animal-tested.

How has Canada not taken this step yet?

Not only do we allow animal testing, but there are presently no laws in place regulating its use.

Doubtless Canada will inevitably follow this model, but there is no reason it should not have pioneered the movement.

Canada has a reputation for leading the western world with certain liberal policies — just look at gay marriage, we missed a great opportunity to promote this reputation by being first to ban cosmetic animal testing.

Since the EU has banned the sale of all animal-tested cosmetics, Canada will no longer be able to take advan-



OPINION
BRIAN HORSTEAD

tage of several major export facilities.

Companies like L’Oreal in Montreal export 90 per cent of its product, and while its manufacturing plant does no testing on animals, should its parent companies need to test new

product they would be banned in the EU.

The problem with Canada following suit rather than taking the initiative is that animal testing is a moral decision, and to jump on the bandwagon is a disingenuous way of adopting progressive thinking policies.

A major problem with the system is that Canadian law does not require testing cosmetics on animals but manufacturers must find a way to prove their products are safe.

Currently the only way to do that is to use animals.

This begs the question of just how it has become common place to slather oneself in chemical compounds that have any potential to adversely affect health. Allowing animal testing to continue in Canada is an obvious symptom of westernized glamour-culture and has absolutely no place in the 21st century.

After all, if animals are similar enough to humans for the results of cosmetic testing to be accurate, how can it be considered ethical to use animals for these tests?

theVoice

The Voice is published by Langara College’s journalism department.

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We welcome letters to the editor. All letters must be signed. They may be edited for brevity. Names may be withheld in special cases, but your letter must include your name and phone number.

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Caffeine fuels Langara students: but at what cost?

Campus coffee crucial to cramming, yet costly caffeine crashes can cause complications

Blind coffee taste test surprises students

Tim Hortons chosen by students as best flavour of coffee in a blind taste test

By ANGIE HOLUBOWICH

The results of a recent coffee taste test might surprise you.

The Voice conducted a blind taste test on March 13 to determine which coffee brand students preferred when they weren't influenced by image or price. Six Langara students, who range from drinking less than a cup to eight cups a day, each tasted black coffee from the four campus cafés: Starbucks, Tim Hortons, Duke's and Seattle's Best Coffee, which is served at the cafeteria.

Tim Hortons was the most popular choice, with five of the six tasters picking it as their favourite.

Hannah Rose Maté, who chose Tim Hortons coffee during the blind taste test, described it as having the "bold-est, richest taste. A little chocolatey and definitely the most interesting."

Prior to the experiment, Maté said Duke's was her preferred brand.

"I think it is the best coffee, even though it's slightly more expensive than Starbucks and Tim Hortons," she said.

"I drink coffee to wake up and because it is a social thing," she said.

Tom Krushkowski said that he picked Tim Hortons coffee because he could really taste the beans. "It had a rich flavour," he said.

Mike Gill, the only student who didn't prefer Tim Hortons coffee, said he chose Seattle's Best because it didn't taste like instant powder like the other samples.

"It didn't have a watery aftertaste, and it was the only one that tasted like coffee," he said.

Although the participants enjoyed the taste of the coffee they chose, most were surprised when they found out that it was Tim Hortons.

James Watson said that while he was disappointed with his choice, "my wallet is pretty happy."

Even though some students say that they dislike the taste of coffee, they drink it in order to feel energized.



JACQUELINE LANGEN photo
Tim Hortons was the winner in the blind coffee taste test on March 13.



JACQUELINE LANGEN photo
Students Hannah Rose Maté, Tom Krushkowski and Mike Gill participate in a blind coffee taste test at Langara on March 13. Tim Hortons coffee was chosen as students' favourite.

Students use caffeine to help study for exams

Caffeine pills, coffee and energy drinks are popular choices for students who are cramming for exams by pulling all-nighters

By KELCI NICODEMUS

As exams approach, some Langara students are staying up all night to make the grade. They're using caffeine pills, energy drinks and coffee to get them through from dusk to dawn.

Bojana Nikolic said she has used caffeine pills to study through the night, but found staying up did not help her for the exam.

"Even though you're awake, you don't feel like you're retaining anything," she said.

Klaudine Go said that she has stayed up all night to study for exams because she doesn't have time throughout the day. "I really have a lot of stuff going on," she said.

Although she has considered taking caffeine pills to help keep her awake, she is reluctant to try them.

"I didn't know where to get them, and I was thinking that it might be a bad idea to use those kinds of things," she said.

When Youxi Alaia pulls an all-nighter before an exam, she is more confident because it gives her more time to study.

Alaia said she once drank four energy drinks in one night but felt wired from the caffeine. "I was shaking during the test," she said.

She said she usually prefers getting her caffeine from drinking coffee while she's up late studying because it keeps her warm.

Experts warn too much caffeine is dangerous for students' health

Too much of the drug disturbs sleep patterns, causes dehydration

By WARREN JANÉ

With the mounting pressure of term paper due dates and final exams, many students are relying on caffeine to help get them through their studies.

In small doses, caffeine can increase alertness and help with concentration, but experts warn against abusing the stimulant or using it to stay up all night studying.

"I would say generally that students should maintain a healthy lifestyle and any stimulants would never be recommended as the consequences would or could show up at the exam," said Robert Smith, the former president and CEO of Fraser Health Authority.

Consequences can include disturbed sleep patterns and a "caffeine crash"

the following day.

Langara nursing instructor Beth McLeod said caffeine can also cause dehydration.

"If you're going to drink caffeine to stay awake, you certainly need to drink water," she said. "You can't do it long-term."

McLeod said that one of the dangers with too much caffeine is that users get accustomed to it. "You need to increase your dosage if you're going to have that jolt," she said.

For students pulling all-nighters, Langara nursing instructor Paramita Banerjee recommends water, milk or 100 per cent pure juice for alertness and energy.

Banerjee also cautions students not to exceed the recommended daily allowance of caffeine, which is 400 milli-

grams per day for healthy adults according to Health Canada.

Caffeine is found in coffee, tea, cola, energy drinks, chocolate and some medicines. It can be habit-forming, and most regular users will develop a tolerance over time.

Canadians get about 60 per cent of their caffeine from coffee and 30 per cent from tea, according to Health Canada.

As an alternative, energy drinks usually have a higher concentration of caffeine, although they have more calories than coffee or tea.

Caffeine pills are also available. Most of these pills contain about 200 milligrams of caffeine each. While they are a "pure" dose of caffeine, they lack nutritional value, such as the antioxidants found in some coffees and teas.

CAFFEINE How much?

- Black Tea: 42 milligrams for 8 fluid ounces
- Red Bull: 80 milligrams in 8.46 fluid ounces
- Coca-Cola Classic: 34 milligrams for 12 fluid ounces
- Tim Hortons Coffee: 100 milligrams for 10 fluid ounces

Source: Energyfiend.com

Soccer teams recruiting

Aspiring players should be prepared to train outside of practice and work with constructive criticism

By DEANNA CHENG

At Langara's soccer recruitment camps, coaches are looking for ambitious people who will play with pride and are "prepared to commit fully to the team," according to Falcons soccer player Valery Romanchik.

The open camps are an opportunity to evaluate and weed the players out, said David Shankland, the men's soccer coach.

A few players leave after each season, so Shankland looks for technically sound players to replace specific positions.

Women's soccer coach Ryan Birt said he looks for "skill on the ball, and being calm and composed [with an] understanding of drills and the game." He also wants players who put in effort and can work with construc-



DARA RYKISS
Falcons soccer player

tive criticism.

Those interested have to be committed to train outside of practice and always communicate with others on the field, said women's soccer team member Dara Rykiss.

Both Shankland and Birt agree their strength is in teamwork.

"For a team sport, cohesion is a massive, massive factor," Birt said.

One weakness of the men's soccer team is its mental strength. There is no time to linger on past mistakes, said Shankland. "Playing games every Saturday and Sunday for two months straight, it takes a physical toll but it also takes a mental toll on you," he said.

The next men's soccer ID camp is on Saturday, April 20 at Trillium Park. The next camp for women's soccer is in the first week of August.



JADE ARIGNON photo

The Langara Falcons huddle during the nationals tournament last weekend. The tournament was held at John Abbott College in Quebec.

Men's team wins bronze

Falcons wrap up season with third place in nationals tournament

By SERA AKDOGAN

Langara welcomed the men's basketball team with open arms Monday as they came back from the nationals. The Langara Falcons didn't come home empty-handed, taking home bronze in the national tournament.

Harlem College took silver, while Vancouver Island University took gold.

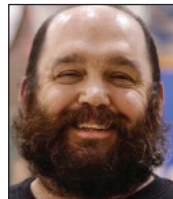
"I am so proud of the character the boys showed coming back to win two games after such a devastating loss in the semi-finals," said coach Paul Eberhardt. "While our goal was to win the gold I am still extremely proud of what this team has accomplished this season."

The Falcons were the number one ranked team going into the tournament, held at John Abbott College in Sainte Anne de Bellevue, Quebec

March 14-16.

The team went against the John Abbott Islanders and grabbed an easy 90-63 victory. Scoring 16 points was Devin McMurtry who also pulled down nine rebounds, while Jitinder Lohcham scored 16 points and eight rebounds. Matt Madewan scored 15 points, and Daniel Hobden also contributed to the win by scoring nine points. "It was a good start for us as we got a chance to play in the gym and get our legs after the long travel time," Eberhardt said.

"We played in the semi-finals and lost by one.



PAUL EBERHARDT
Men's basketball coach

Vancouver Island University [wong gold] which is ironic because we've beaten them four times. It was a little discouraging for us because they are the team we never lost to until now."

The Falcons finished the season with an impressive 25 wins and two losses, and won the PacWest championships, which qualified them for the nationals.

Star player Brody Greig was congratulated as a runner-up for the player of the year award and Devin McMurtry was recognized for being an academic all-Canadian.

Eberhardt was selected as the CCAA National Coach of the Year

"I am truly humbled to receive this award especially with all of the other amazing coached who were nominated," said Eberhardt. He is also PacWest coach of the year.

Results: National tournament

1ST:
HARLEM COLLEGE

2ND:
VANCOUVER ISLAND UNIVERSITY

3RD:
LANGARA COLLEGE
Source: PacWest BC



Niall Shannon photo

Aspiring speedskaters practicing at the new speedskating development program at the Oval.

Calling skaters of all levels

Skaters flock to new program that is first of its kind on the West Coast, headed by Olympic coach

By NIALL SHANNON

There's a new program for those who love to skate and love even more the feeling of speeding along the rink.

A speed skating development program is beginning at the Richmond Olympic Oval. It's for those who are comfortable with skating, but want to try out something different, according to David Morrison, head coach of the program.

"We're really are at the threshold here of something fresh and new here," said Morrison.

The Short Track Legacy Program

will offer various camps and sessions starting in April for different levels of skaters.

In the past, Morrison has had a lot of success converting hockey skaters into competent speed skaters in a short amount of time. It usually takes only eight months to a year.

"Ideally, those interested are already a good skater but they'd like to try something different," said Morrison.

The program is unique to B.C. Before, many aspiring speedskaters would have needed to move to Montreal.

It's also innovative as it focuses on the technical aspect of the sport. It's not always the fastest who wins, it's the most technically competent, according to Morrison.

Morrison, trained competitors for the 2011 Canada Winter Games and

was a speed skating coach for the Gloucester Concordes Speed Skating Club in Ontario for almost 20 years.

He's looking to work with the speed skating clubs in the area.

One such club is the Richmond Rockets, whose members regularly practise at the Oval.

"I love [speed skating], I've been doing it three years," said Rockets member Jackie Humber as she laced up for a practice at the Oval.

"The program sounds great, to be honest, it's pretty unique, it offers something different," added Humber.

Morrison is looking forward to the opportunity to do something not seen across Canada.

"It's really exciting. I would encourage people to come and try it out, see what it's all about, and I certainly look forward to seeing everyone out on the ice."